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THE MONROE INSTITUTE LANDS IN ITALY

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I attended my Gateway April of 2008, I was in Spain in a charming small hotel near Madrid. The place was comfortable, with great food and comfortable rooms, but mostly it was suitable for what I was about to do, surrounded by nature so perfectly as to leave no trace of cars, city, traffic, noise and various other technological stress. Carol Sabick was my trainer, a wonderful person who marked a crossroads in my life. First, after inviting us to present to the group, allowing us to discover that we were very different people among us by origin, language, professions, beliefs and convictions (there were people of different nationalities and occupations: managers, housewives, lawyers, physicians, writers, artists).

It was the beginning of a wonderful adventure made of discoveries, explorations, excitement, surprises and insights. It had never happened in life before have a concentration of experiences so new and so extra-ordinary. It was the beginning take on the meaning of the concept that I am more than my physical body!

Needless to say, the Gateway Voyage put me in contact with other parts of me and this, even though I understood much later, set in motion a process of irreversible transformation to the "awakening" and the knowledge of what I wanted to do in this life. The return was unusual, was hard to recognize me for how I was before (of the Gateway) and everything around me was different: situations, relationships, priorities and values. It was all true, since I was changed!

A year later I returned to Spain to participate to Lifeline program, could not wait to find the wonderful experiences offered by the Institute, but I was not very excited about Lifelines's purpose. No one had forced me to participate in that course but I just decided to do it because I had set a goal very clear about what the Institute was offering: I wanted to get up to Focus 49 to explore the farthest reaches and maybe go over! To reach my goal Lifeline was the necessary step but did not like the fact that it worked on the theme of death (physical) and what's next. Scared me the idea to address that issue, I was in search of life in all its forms and manifestations, why I had to explore the theme of death? I had already read some books on that Theme "The Tibetan book of death" to name one, and intellectually I understood, accepted and overcome the taboo of death, but ... only with my rational side!

Okay if needed this sacrifice would have done just to get to Starline. The experience was overwhelming, different from what I expected, wonderful, sweet, full of love and compassion, intense and deep. I had the chance to meet my son who had entered life for just 3 days and then disappeared without giving me the opportunity to understand. I found him in the Park, in Focus 27; he had the appearance of a man of 30 years old, I felt his love and including at least part of its path, and my role in it. Found my father, he was passed away several years ago, and I had the chance to talk to him as I had never done before. But Lifeline was for me above all the confirmation that it was time to change my life and begin to expose myself to a new responsibility and to give to others what I had in through what I am and what I knew to do. Carol Sabick was still my trainer and with her wise-run planted a seed in me informing me on the Outreach program to become a trainer of the Institute and bring to Italy its courses.

In 2009, the seed sprouted and after attending the training as Outreach Facilitator began towards the end of the year, my new venture development and dissemination for the first time The Monroe Institute and its activities in Italy.

In my country, almost no one knew the Institute and so I decided to start working on several fronts: promotion, training, professional application, build a community. I realized that my experiences as a manager, in terms of the organization, communication, marketing, training, I had, was all useful, indeed essential to set the best things without investing large amounts of money (that I do not have) and time. First of all it was necessary to translate into Italian all: course materials, scientific information, exercises, etc. so I developed first a website in Italian language: www.monroeinstitutue.it as much coherent as possible to the American one. Then I designed a free and public event: the "Hemi-Sync Workshop", where I presented the Institute, its activities, and I gave participants the first Hemi-Sync experience through headphone (The way of Hemi-Sync exercise...). I brought the Hemi-Sync Workshop in the major Italian cities. People were curious and attracted to discover the potential of this new technologies and

method and usually I could organize in the following weeks an Excursion Workshops program, for interested parties. Following this way in 2010, I organized the first 4 Excursion Workshop putting myself to the test and above all ensuring the interests and the approval by the Italians. At that time I had just left my previous job as a manager of a training center for doctors and nurses, but I kept the professional collaboration to guarantee me a minimum of revenue. When you start something new, there are many difficulties to be faced and doubts that arise from what you are doing especially if you're moving in something really new and this was for me the case. I was putting in crisis some of my belief systems, those where a good job, economic security, stability and social recognition were among the first in what is important in life. In their place they were (finally) entering others, those that are in support of concepts such as the one in which you live doing what one believes, where are left free your talents and passions and where you feel useful to themselves and to others in a profound way. The change was so challenging and profound and since I was aware of having to live in the same society than before and with the same costs and obligations to my family, I had to pay attention to the practical aspects as well as ideals. Everything comes at the right time is said (even if we pay attention) and the timing was perfect for me.

In subsequent years the programs increased progressively as well as the presentations to which were added holdings the conferences; I qualified to be able to hold residential program too. The first was the Gateway Voyage in 2011, than Lifeline that arrived in 2014. I spread the geographical range and with more than 24 different cities I arrived to touch all the Italian country. Now there we have held 52 Excursion Workshops, 6 Gateway Voyages, 1 Lifeline as well as several other courses derived from the official ones. Of nearly 500 people who attended the courses; a thousand came to the presentations and over 2000 active contacts. The numbers say little but serve to confirm that although limited by the fact of being alone and being party to a country that did not know the Monroe Institute, the interest among Italians is strong and is growing. In Italy, more and more doctors, psychologists, therapists are now enjoying the programs and using Hemi-Sync. Last October started a research project with the University of Padua, related to learning disabilities, were more than 60 students with certified ADD or ADHD are involved. We made some interventions in schools related to cognitive empowerment with Hemi-Sync, and some training program for business people that combine Hemi-Sync with Neuro Linguistic Programming (NLP) are ready to run; Going Home program was presented to several hospices and hospitals.

The future of the Monroe Institute in Italy promises to be very positive and interesting! If you would like to join us, ...we also have very good food!